

EXERCISE LEADERSHIP TEACHING SKILLS SCORE SHEET

NAME HOUR	W/U - L/I	P/S	H/CV	C/D	B/P	Total
A. BODY LANGUAGE = 10 pts/ea:						
Mirror Image						
Sharp Movements						
Animated Expression/Smile						
Command Presence-Voice						
B. TECHNICAL SKILLS = 10 pts/ea:						
Proper Cadence/Rhythm						
Verbal Cueing & Efficiency						
Appropriate Movements						
Transitions/Choreography						
C. ORANIZATION = 10 pts/ea:						
Logical Progression/Build-up						
Group Control						
Directional Balance/Symmetrical						
Variety/Creativity						
Total						

EXERCISE LEADERSHIP GRADING CRITERIA

NAME: _____

A. BODY LANGUAGE

Mirror Image
Sharp Movements
Animated Expression/Smile
Command Presence-Voice

Average Total/200: _____

B. TECHNICAL SKILLS

Proper Cadence/Rhythm
Verbal Cueing & Efficiency
Appropriate Movements
Transitions/Choreography

Average Total/200: _____

C. ORANIZATION/PREP

Logical Progression/Build-up
Group Control
Directional Balance/Symmetrical
Variety/Creativity

Average Total/200: _____

D. WRITTEN FINAL

Monitoring Exercise Intensity & Karvonen Formula
Class Format
Beats Per Minute
Body Parts

Average Total/200: _____

E. LESSON PLAN:

A} Written Portion

Total/100: _____

B} Practical Portion

Total/100: _____

Final Grade: _____